

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 125A – BEGINNING GOLF

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Instruction and practice in basic golf skills to include course conduct, rules and self-evaluation of skills. Practice is limited to development of swing, stance and grip.

Prerequisite

None

Course Content

- 1) Basic fundamental skills:
 - a. Execution of the golf swing
 - b. Putting, chipping, pitching
 - c. Use of irons
- 2) Basic techniques
- 3) To instill knowledge of the golf game
- 4) To form an understanding and appreciation for the golf game

Course Objectives

- 1) Define golf terminology, the rules of play, codes of behavior, etiquette, and scoring
- 2) Demonstrate the skills and techniques involved in the game of golf

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics, and strategies of the game of golf.
- 2) Objective skills testing that measures students' proficiency in playing golf.

Special Materials Required of Student

Gym clothes

Minimum Instructional Facilities

Golf course, driving range, golf clubs, balls

Method of Instruction

- 1) Lecture and demonstration
- 2) Multimedia
- 3) Group participation
- 4) Individualized help

Out-of-Class Assignments

- 1) Assigned reading
- 2) Multimedia

- 3) Goals paper
- 4) Analysis of televised professional golf

Texts and References

- 1) Required (representative example): None
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Successfully perform the following fundamental skills: swing, putt, chip and pitch.
- 2) Identify correct execution of the necessary skills and techniques: club swing, putting, chipping, pitching, and use of irons.
- 3) Define basic terminology.
- 4) List basic rules and etiquette.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Define golf terms.
- 2) Describe golf scoring.
- 3) Identify appropriate golf etiquette.
- 4) Demonstrate skills appropriate for competition, recreation, and fitness-enhancing play at the beginning level.